

What we claim is:

1. A method of exfoliating the skin comprising applying to the skin a composition containing an effective amount of at least one phosphosugar.
2. The method of claim 1 in which the phosphosugar is selected from the group consisting of glucose-1- or -6-phosphate , mannose -6-phosphate, mannose-1-phosphate, galactose-6- phosphate, fructose-6- phosphate, glucose-1,6- diphosphate, and fructose - 1,6- diphosphate.
3. The method of claim 1 in which the phosphosugar is mannose-6-phosphate or mannose-1-phosphate.
4. The method of claim 1 in which the phosphosugar is mannose-6-phosphate.
5. The method of claim 1 in which the effective amount is from about 0.01 to about 10% by weight of the total composition.
6. The method of claim 4 in which the effective amount is from about 0.5 to about 3% by weight of the total composition.
7. A method for increasing levels of glycosaminoglycans in skin comprising applying to the skin a composition containing an effective amount of at least one phosphosugar.
8. The method of claim 7 in which the phosphosugar is selected from the group consisting of glucose-1- or -6-phosphate , mannose -6-phosphate, mannose-1-phosphate, galactose-6- phosphate, fructose-6- phosphate, glucose-1,6- diphosphate, and fructose - 1,6- diphosphate.
9. The method of claim 7 in which the phosphosugar is mannose-6-phosphate or mannose-1-phosphate.
10. The method of claim 7 in which the phosphosugar is mannose-6-phosphate.
11. The method of claim 7 in which the effective amount is from about 0.01 to about 10% by weight of the total composition.
12. The method of claim 10 in which the effective amount is from about 0.5 to about 3% by weight of the total composition.
13. A method of treating a skin condition associated with a reduced level of glycosaminoglycans in the skin comprising applying to the skin a composition containing an effective amount of at least one phosphosugar.

14. The method of claim 13 in which the condition is selected from the group consisting of dry skin, lines and wrinkles, and the symptoms of chrono- and photoaging.
15. The method of claim 13 in which the phosphosugar is selected from the group consisting of glucose-1- or -6-phosphate, mannose -6-phosphate, mannose-1-phosphate, galactose-6-phosphate, fructose-6-phosphate, glucose-1,6-diphosphate, and fructose -1,6-diphosphate.
16. The method of claim 13 in which the phosphosugar is mannose-6-phosphate or mannose-1-phosphate.
17. The method of claim 13 in which the phosphosugar is mannose-6-phosphate.
18. The method of claim 13 in which the effective amount is from about 0.01 to about 10% by weight of the total composition.
19. The method of claim 17 in which the effective amount is from about 0.01 to about 1% by weight of the total composition.